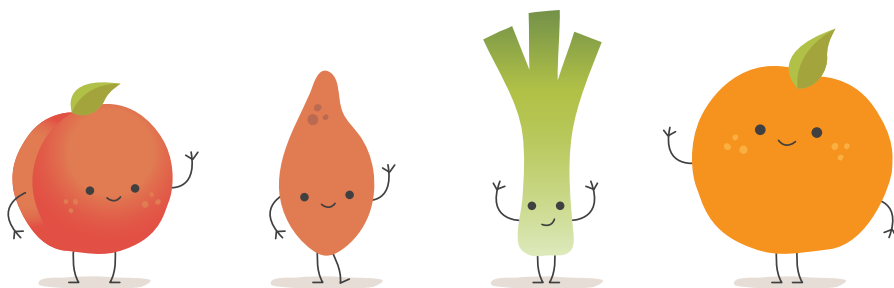


# NYLO

Nutrition for Your Little One  
Maeth i'ch un bach

## Portion Sizes for Children Age 1-4 years



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale  
**Nutrition and Dietetics**  
**Maeth a Dieteg**  
Caerdydd a'r Fro

# The Eatwell Guide

- Children should aim to eat in line with the Eatwell guide but with a flexible approach.
- Match the portion to the person: a child aged 1 years will require smaller portions to children aged 4 years.
- Work towards giving your child 3 main meals and 2 snacks per day from the 4 main food groups (fruits and vegetables, potatoes, bread, rice, pasta and other starchy carbohydrates, dairy and alternatives and beans pulses, fish, egg, meat and other proteins).
- Limit foods and drinks high in salt, sugar and fat.
- Do not get too hung up on exact portion sizes, this is only a guide. Some days your child may eat slightly more and on others slightly less, causing it to become balanced.
- If your child is regularly eating larger portion sizes, think about gradually reducing these.



# Potatoes, Bread, Rice, Pasta and Other Starchy Foods



- Offer these foods at every meal time
- These can be given as a snack
- They should make up one third of the food we eat each day
- Look for low salt, sugar and fat options
- Encourage some wholemeal/wholegrain varieties



White toast 1 slice 25g



White pitta bread 1/2 pitta bread 30g



Chapatti 20g



Couscous 80g



Rice cake 1 rice cake 10g



Mashed potato 80g



Pasta penne 80g

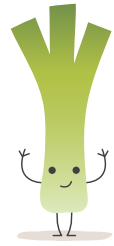


Brown rice 80g



Weet bixes 20g and 100ml milk

# Fruits and Vegetables



- Offer a variety of different colours
- Offer in meals and as snacks
- Aim towards 5 portions a day
- Fresh, frozen and canned count too
- Buy canned in natural juice or unsalted water
- Dried fruit should be eaten with a meal to protect teeth



Green beans 40g



Mange tout 40g



Canned sweetcorn 40g



Peas 40g



Parsnip 40g



Plantain 40g



Kiwi 1/2 kiwi 40g



Clementine 1/2 clementine 40g



Banana 1/2 banana 40g

# Beans, Pulses, Fish, Eggs, Meat and Other Proteins



- Foods from this group should be given twice a day or if vegetarian 3 times a day
- These are high in iron and zinc
- You can offer these as part of snacks or meals
- Avoid processed meat and fish products that are high in fat and salt.
- Make sure fish dishes are free of bones.
- Give one omega 3 rich source such as sardines, mackerel or salmon once a week



Chicken 45g



Quorn mince 50g



Pork 40g



White fish 40g



Salmon fillet 40g



Canned sardine 40g



Omelette 50g

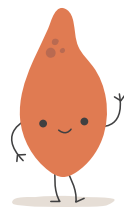


Dal 50g



Scrambled egg 50g

# Milk and Dairy Foods, and Dairy Alternatives



- Offer these foods 3 times a day
- Include as part of meals and snacks
- Whole milk can be used from 12 months to 2 years
- Semi-skimmed milk can be used from 2 years
- Skimmed milk should only be given after 5 years
- Use full fat varieties up to 2 years old
- Make sure dairy alternatives are fortified with calcium
- Do not serve rice milk to under 5's



Cheddar cheese 15g



Soft cheese 20g



Mozzarella 20g



Cottage cheese 30g



Edam cheese 15g



Soya yoghurt 60g



Cheese triangle 15g



Plain yoghurt (full-fat) 60g



Coconut yoghurt 50g

## Eat Less Often and in Small Amounts



- Limit foods high in salt, fat and sugar such as biscuits, cakes, confectionery, ice-cream and crisps.
- Avoid soft drinks such as squash, cordial or fizzy drinks as these are high in sugar.
- These foods should be given as an occasional treat and not every day.
- Sugary foods are linked to obesity in children and to tooth decay.
- Fruit-based or carbonated sugar-free or low-sugar drinks can also damage children's teeth as they are acidic. Children aged 1-4 years should not be given drinks containing artificial sweeteners.
- Some foods advertised for children would come into this category so read the label carefully.

## Useful Resources

- **First Steps Nutrition**  
<https://www.firststepsnutrition.org/>
- **British Dietetic Association**  
<https://www.bda.uk.com>
- **NHS**  
<https://www.nhs.uk/live-well/healthy-weight/healthy-weight-children-advice-for-parents/>
- **British Nutrition Foundation**  
<https://www.nutrition.org.uk>



For more support contact the NYLO team  
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